

# HONEY CARROT COINS

A Mobile Market Recipe



Makes: 4 Servings

## Ingredients:

- 1 lb. carrots
- 1/4 tsp. salt
- 2 Tbsp. honey
- 2 Tbsp. butter
- 1/2 tsp. lemon juice (optional)

## Instructions:

1. Peel and cut the carrots into "coins" about 1/4 inch thick.
2. Transfer the carrots to a pan or pot. Add enough water to almost cover the carrots, and the 1/4 tsp. of salt.
3. Bring to a simmer over medium heat; let cook until tender, about 12-15 minutes. If the water evaporates before the carrots are done, add a little more.
4. Once the carrots are tender (but not mushy), add the butter and then the honey and gently mix to evenly coat the carrots.
5. If you like, stir in a 1/2 teaspoon of lemon juice to brighten the flavors a little.

*Recipe adapted from the Massachusetts Farm-to-School Cookbook*

